

## *ParTNers EAP*

John Allen



# 2016 EAP Enhancements



- Be Well at Work
- Online Confidential Care
- Leadership Support

# Be Well at Work

## **PARTNER** **FOR HEALTH**

*Employee Assistance Program*

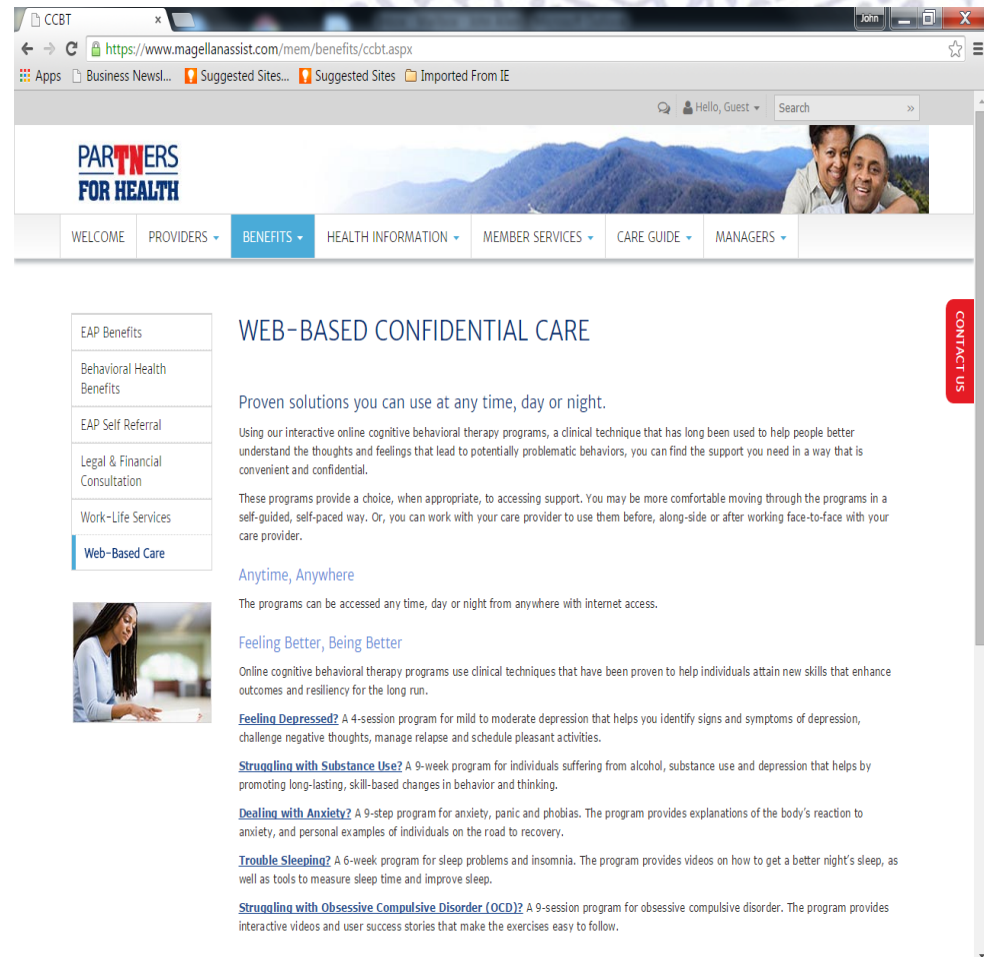
1.855.Here4TN (1.855.437.3486) | [www.here4tn.com](http://www.here4tn.com)

**Tufts** Medical  
Center

- 5 minute emotional health check in
- Completely confidential and voluntary
- May qualify for free care
- Shown to be effective

# Online Confidential Care

- Anytime, anywhere
- Shown to be effective
  - Feeling Depressed?
  - Struggling with Substance Use?
  - Dealing with Anxiety?
  - Trouble Sleeping?



The screenshot displays a web browser window with the URL <https://www.magellanassist.com/mem/benefits/ccbt.aspx>. The website header features the "PARTNERS FOR HEALTH" logo and a navigation menu with links: WELCOME, PROVIDERS, BENEFITS (highlighted), HEALTH INFORMATION, MEMBER SERVICES, CARE GUIDE, and MANAGERS. A search bar is located in the top right corner. The main content area is titled "WEB-BASED CONFIDENTIAL CARE" and includes a sub-header "Anytime, Anywhere". Below this, a paragraph states: "Proven solutions you can use at any time, day or night. Using our interactive online cognitive behavioral therapy programs, a clinical technique that has long been used to help people better understand the thoughts and feelings that lead to potentially problematic behaviors, you can find the support you need in a way that is convenient and confidential. These programs provide a choice, when appropriate, to accessing support. You may be more comfortable moving through the programs in a self-guided, self-paced way. Or, you can work with your care provider to use them before, along-side or after working face-to-face with your care provider." A sidebar on the left lists various services: EAP Benefits, Behavioral Health Benefits, EAP Self Referral, Legal & Financial Consultation, Work-Life Services, and Web-Based Care (highlighted). Below the sidebar is a small image of a woman sitting at a desk. The main content area continues with a section titled "Feeling Better, Being Better" and lists several programs: "Feeling Depressed?" (A 4-session program for mild to moderate depression), "Struggling with Substance Use?" (A 9-week program for individuals suffering from alcohol, substance use and depression), "Dealing with Anxiety?" (A 9-step program for anxiety, panic and phobias), "Trouble Sleeping?" (A 6-week program for sleep problems and insomnia), and "Struggling with Obsessive Compulsive Disorder (OCD)?" (A 9-session program for obsessive compulsive disorder).

CCBT

<https://www.magellanassist.com/mem/benefits/ccbt.aspx>

Apps Business News... Suggested Sites... Suggested Sites Imported From IE

Hello, Guest Search

PARTNERS FOR HEALTH

WELCOME PROVIDERS BENEFITS HEALTH INFORMATION MEMBER SERVICES CARE GUIDE MANAGERS

EAP Benefits

Behavioral Health Benefits

EAP Self Referral

Legal & Financial Consultation

Work-Life Services

Web-Based Care

WEB-BASED CONFIDENTIAL CARE

Anytime, Anywhere

The programs can be accessed any time, day or night from anywhere with internet access.

Feeling Better, Being Better

Online cognitive behavioral therapy programs use clinical techniques that have been proven to help individuals attain new skills that enhance outcomes and resiliency for the long run.

**Feeling Depressed?** A 4-session program for mild to moderate depression that helps you identify signs and symptoms of depression, challenge negative thoughts, manage relapse and schedule pleasant activities.

**Struggling with Substance Use?** A 9-week program for individuals suffering from alcohol, substance use and depression that helps by promoting long-lasting, skill-based changes in behavior and thinking.

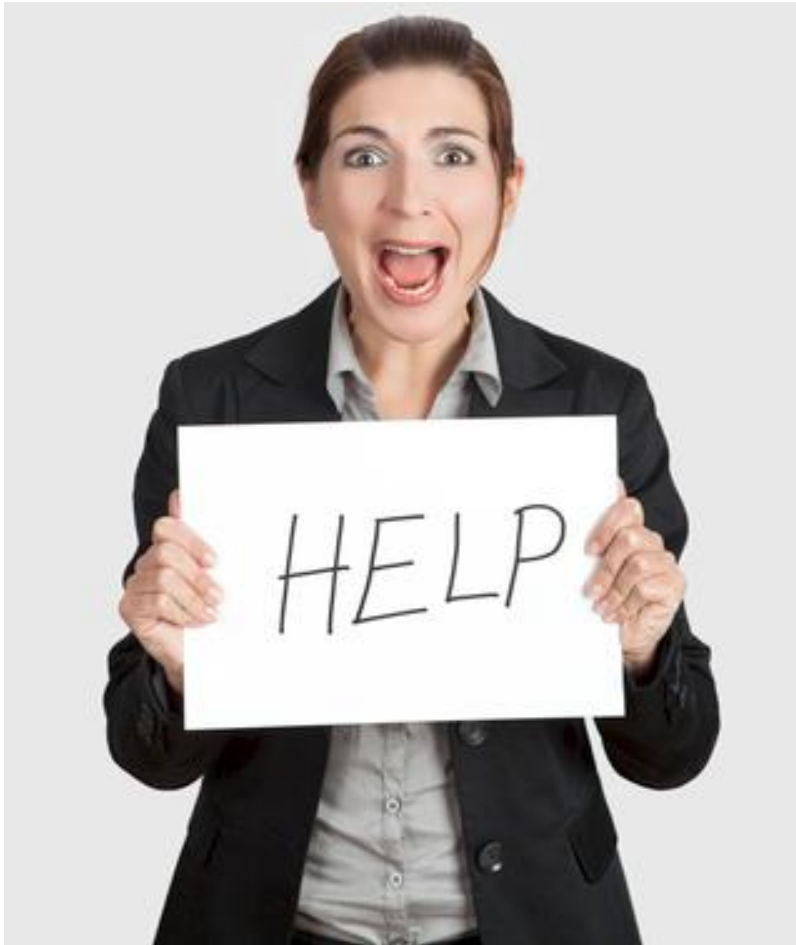
**Dealing with Anxiety?** A 9-step program for anxiety, panic and phobias. The program provides explanations of the body's reaction to anxiety, and personal examples of individuals on the road to recovery.

**Trouble Sleeping?** A 6-week program for sleep problems and insomnia. The program provides videos on how to get a better night's sleep, as well as tools to measure sleep time and improve sleep.

**Struggling with Obsessive Compulsive Disorder (OCD)?** A 9-session program for obsessive compulsive disorder. The program provides interactive videos and user success stories that make the exercises easy to follow.

CONTACT US

# Workplace Support



- Management consultants available 24/7
- Leadership coaching
- Workplace counseling and debriefing
- Direct access by selecting option 4 from the 855.437.3486 menu